

ORAL HYGIENE

A JOURNAL FOR DENTISTS

EDITED BY GEORGE EDWIN HUNT M.D. D.D.S.



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ORAL HYGIENE

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VOLUME I.



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SEPTEMBER, 1911

THE GOOD WORK

By BESSIE BURNS BENNETT, D. D. S., Baltimore, Md.

The Best Way Is to Take the Best of All Ways—How Shall We
Conduct the Campaign—The Press, the Platform, the
School, and the Clinic All Considered—What
Baltimore Is Doing

Dr. Bennett is a cheery optimist and her paper breathes the true spirit of philanthropy. When the women take up a cause it is as good as won and it is encouraging, but perfectly natural, to find so many of them ready to assist in the Oral Hygiene campaign.

"There are wonderful things
we are going to do
Some other day,
And harbors we hope to
drift into
Some other day.

With folded hands, and oars
that trail,
We watch and wait for a
favoring gale
To fill the folds of an idle
sail,
Some other day.

We know we must toil, if
we hope to win
Some other day;
But we say to ourselves,
there's time to begin
Some other day;
And so, deferring, we loiter
on——."

Is this to be the spirit of
the oral hygiene campaign?
A thousand times No! Let
the motto be, "Do it now!"

Is there a "best way" to
conduct it? What is the best
way in any great movement,
if there can be said to be a
best way? Isn't it the taking
of what seems good and
sensible and effective in all
the good ways, amalgamat-
ing them, grasping Oppor-
tunity by the forelock as she
comes toward us; then, with
a ready push, a steady push,
and a strong, united push, the
chariot of success rolls on-
ward. Not always smoothly,
but with every a d h e r e n t
ready to lend a hand, obstacles
are soon overcome, and, as

in the childish fable, in the face of determination, the giant Despair melts away to a wraith.

We must look then for Opportunity. Therein lies the success of many a man's seeming luck, which wasn't luck at all, but pluck, realizing the right time to begin application.

The Opportunity for the betterment of oral conditions is with us. How shall we conduct our campaign? It seems to me that there are four ways, which every writer on the subject realizes to be the strongest planks in the platform—The Public Press, The Public Platform, The Public Schools, and The Public Clinic. Of these the Public School is probably the strongest influence, for the child is unconsciously the disseminator of many seeds of reform, which the parents cultivate, seeing therein something to benefit their offspring, or it may be the process is merely one brought about by the power of example.

The influence of the public schools is admirably shown in Porto Rico. There, through the government schools, reformatory measures have been introduced into the homes, through the school children, which it would have been almost impossible to bring about in any other way. Before the American possession of the island, hygiene, in any form, was unknown. Then through the school, the teachers, by pre-

cept and example (and a hard, unpleasant task it was) gradually impressed upon the children that cleanliness is a condition much to be desired. A traveler visiting Porto Rico today, say after a former visit two decades ago, would be astonished at the great improvement in home life, largely due to the child's knowledge at school.

If this can be done, surely Oral Hygiene can be taught in the same way, and although the child will have more trouble in impressing the parent with the value of the teeth, as there will be an outlay of money required, it can eventually be done, especially if we educate the parent concurrently.

How will we teach the children? By lectures? Yes, simple, telling lectures, talks rather, which will bring out clearly, concisely and entertainingly the points we wish to impress upon the youngsters. Illustrated lectures, of course, are the best, but slides are expensive and it is often inconvenient to arrange details. Dr. Wm. G. Foster made an excellent suggestion in this connection at a meeting of the Executive Committee of the Maryland Council. His plan is to use the radiograph, which costs \$15 for a very good article, and which magnifies a cut of post-card size to three feet. All that is needed is the machine itself, an electric light, and a sheet. The size enables the lecturer to use cuts from magazines. A small

photograph he himself could take. The more expensive makes, of course, use larger pictures.

Not only must the children be told of the value and care of the teeth, but the parent and teachers likewise. Lecture to parents' clubs, school teachers, groups, anywhere that you can find them. You'll find that they will be intensely interested, and the naive wonder with which they listen to the description of charts showing the development of the teeth, almost borders on the ridiculous to one to whom it is an old story. It is a wonderful plan—when we stop to think about—how beautifully the wise Creator has arranged the onward march of these precise teeth. He, with all His omniscience, considered them sufficiently important to be exactly placed, each one, and saved the strong set until they are most needed. We, in our ignorance (that is 90 per cent of us), neglect and destroy them.

The public press is a factor not lightly to be reckoned. The old saying, "The pen is mightier than the sword," should substitute "Printing Press" for pen, for newspapers are pretty largely responsible for the opinion of the world. I think each council should have a press secretary, whose duty would be to keep in touch with the public through the press, setting forth from time to time such salient points as should be

generally known, and making progress, due to the gospel preached. Public lectures would merely be an extension of the lectures given parents, teachers, or children, being of the stereopticon type, and under the auspices, if possible, of some educational society. In addition to these lectures, exhibits wield a great influence. Pictures of conditions, before and after treatment, do more than months of talking. Literature, short leaflets, each treating tersely of one truth, drive home knowledge which otherwise might not be gained.

But after all the educational side has been shown—the poor are still with us, and although they might like only too well to have dental disease cured, they can not, for they have no means. So the public clinic, for the children, at any rate, is a necessity. Rules may be made to prevent pauperizing, admission being only to those in absolute need of free treatment. The medical profession will probably aid in establishing these city clinics, for they are awakening very fully to the fact that the mouth is largely responsible for diseased conditions of the body. One of Baltimore's foremost surgeons is making an exhaustive study of the mouth and teeth, for he fully realizes that therein lies the key to the secret of disease.

The Baltimore School Board has also been persuad-

ed that the child's teeth are a factor in his capacity for absorbing or reflecting knowledge, becoming in the latter case a double expense to his city. They have allowed the Maryland State Dental Association the privilege of examining the teeth of the school children, and a request has also been made to establish two experimental clinics. One of these clinics will be operated at the Parental School in Waverly, where the 40 children will have their mouths put in first class condition, and kept so, and observations made as to whether any improvement results mentally, morally, physically, all of which benefit the commonwealth by making better citizens. Who knows but what one of our future presidents may be hidden in some tousled headed, unruly little urchin in that school! We hope to make just as good a showing

as the special squad from the Marion School, in Cleveland, which after a year's experimental treatment show a general average (combining conduct, application, ability, morals, physical condition) of 60% improvement! Something to work for! Thirty odd children, almost made over new, just from proper dental attention! Isn't that an influence worth something to the community?

We have no Forsythe Brothers in Baltimore, so we are not sure of the second clinic *just now*, but the Waverly School clinic has already been opened, and the work of restoration will be completed before the end of the present term. Examinations are also being prepared for, at the Greene Street School, where, in as short an interval as possible, the second clinic will be established.

DIET

By J. F. TEUFERT, D. D. S., Yuma, Arizona

**Diet an Important Factor in Oral Hygiene—Flesh Unfit for Food
—We Should Eat Less—How to Eat—What to Eat**

Dr. Teufert has made an exhaustive study of diet and has come to practically the same conclusions reached by Upton Sinclair, Hereward Carrington and hosts of others. There is meat in his paper, if not in his diet.

Reading your article on "Oral Hygiene," I could not help wondering why diet, the most important factor, should have been ignored, or if mentioned, should receive

a more or less step-motherly treatment. The reason for this is plain: The average American is too busy to be bothered with dieting. To me it is, next to breathing,

the most important function in life and I must recommend its study to all thinking men and women. The subject is a broad one, so I shall confine my remarks to diet as a factor in oral hygiene.

First of all we consider the quality. It should be the purest obtainable and fresh, not storage, canned or preserved food, as they all have been changed by the process of preserving and are difficult to digest. Then I would select my diet from the fruit and vegetable class and leave out all the animal products as immoral, unclean and disease-producing. It does not make a particle of difference what our ancestors have been subsisting upon, as we are living in an "age of reason" and can choose our food from that best suited to physical, mental and moral growth. It is a well known fact, that people who live on a plain, wholesome diet have splendid teeth and good health. Millions of people in India, Burma and Siam, living mostly on rice and vegetables have excellent teeth. Among the peasant classes in Europe one will find fine dentures in healthy looking mouths. Good teeth and health are almost inseparable, except in rare instances.

The second point is quantity, and it is a great mistake to substitute it for quality. Medical authorities will tell you that one must eat so many grams of nitrogenous food, carbohydrates, fats, in-

organic salts and water, but I think there is no living authority who could prescribe the exact quantity or quality for any man. Everybody should use good judgment and be guided by his appetite and by experience as to how the food agrees with him. One should eat less and better food and fletcherize it well.

This brings me to the third point of how the food should be prepared for the stomach. Not by cooking, predigesting, salting or spicing. The food should be eaten as it comes from Mother Nature, sun-cooked, with all the mineral salts and flavor. It should be chewed to a liquid, but not washed down by another liquid. We should take our time for eating so as to enjoy every morsel of it. The average man will bolt his food and if it won't go down, he will wash it down with either icy-cold hot scalding drinks. He treats his stomach with contempt and then wonders when he has dyspepsia and catarrh. He is fond of chewing too, but not at mealtime—mostly between meals, when he tries to pacify his stomach with candy, chewing gum, or tobacco.

Natural food is self-cleansing to the teeth and will not make them decay, nor will it produce diseased conditions in other parts of the body. This does not mean that I condemn the use of the tooth brush, tooth powder, floss silk, anti-acid and

antiseptic mouth washes; they are an adjunct to oral prophylaxis, but the essential thing is diet.

In closing I will repeat what I call my essentials in oral hygiene. Eat natural foods, fruits, nuts and vegetables, well cleansed. Eat only as long as you have a keen appetite and relish your food.

Avoid salt, vinegar and spices.

Eat slowly and chew everything to a liquid.

Avoid drinking at meals, as

much as possible, but substitute juicy fruits and vegetables.

Clean your teeth after every meal.

Remember that there is an intimate connection between a man's diet, his health and morals. We live as we eat.

From a dental point of view I think there is nothing more pleasing to behold than a clean mouth and a clean set of teeth.

It is an index to character and a good advertisement, too.

IMPRESSIONS OF THE CHICAGO CHILD'S WELFARE EXHIBIT

By I. K. FRIEDMAN.

(Reprinted from The Survey.)

No phase of the sociologic education movement attracts so much attention from the general public as the Child's Welfare Exhibits. New York and Chicago have both given very large and comprehensive exhibits which were visited by scores of thousands of people. The following article gives an excellent series of hints of what constituted Chicago's exhibit. It is well worth reading:

"Say, mister, will you explain that there chart to me?"

The boy, poorly but neatly clad, who had put the question, waited for his answer patiently, hat in hand, until I looked up from a chart which pointed out in vivid and condemnatory colors the

relation between the summer mortality among children and the density of population.

The boy listened, nodded, and moved on. A look in his eyes denoted that he was baffled in his struggle to grasp the philosophy that lay behind the facts that shame our civilization. Next came a sturdy mechanic, who muttered something to the effect that it was conditions which made men and not men that made conditions. Like the exhibit itself, our mechanic laid emphasis on conditions, the boy, maybe, personified the hope of changing those conditions. At any rate, despite the heat that broke all May records, over thirty thousand people poured

through the doors of the Coliseum that day to see the singular display, and since one was as interested in the people and how they saw things as in what they had come to see, the attitude of these two was illuminating. Averages are hard to strike, but impressions lay ready to hand, and from impressions we may be entitled to make averages of our own.

My excursion had begun with the home. By reference to the excellent handbook, to refresh my memory, I find that this was composed of five sections—foods and feeding, clothing, home life and play, furnishings, and housing. Instantly all of these recall pictures, clear, clean-cut, impressionistic. I take it that the lasting benefit of anything we have traveled to see lies in those pictures of it which remain in the gallery of the memory. Photographs and charts unroll cinematographically, but to describe at length what they flash across the screen of the mind is impossible in a short article. The impressions of these five important sections teach by object lessons how the child may be best fed, clothed, and housed for the least money, and how the play instinct may be developed by the use of toys and that other unpurchaseable article, common-sense.

Turning to make my way further along, I found myself on the edge of a playground where the children were delving in a sand box,

rocking in a boat, and sliding down a toboggan. It was a touch, the more realistic because unexpected, that somehow humanized all the foregoing. It brought it into life, translating it in warm terms of adolescent flesh and blood. What need now to look at tersely worded placards and story-telling photographs, which indicated the big work already accomplished by city playgrounds and the bigger work that still remains? But if such need there be, how strikingly was it borne home that delinquency is so often the result of depriving the child of a proper place in which to play, and forcing it to find an outlet for healthy instincts in pilfering, theft, and lawlessness! Afterwards, as we were brought to a challenging halt by pictures taken from life of children vending papers and chewing-gum on the streets at night, and still more when we were confronted with the long plumes knotted with infinite labor by young fingers in the tenements at two cents the piece, it may well have been that we asked ourselves if we had not been guilty bystanders in failing to protect the child from the forces that exploit and prey.

I was drawn next to the section of the Chicago Public Library, by a glimpse of the tots that had gathered there to take from its well-stocked shelves devoted to a model collection of children's literature, its pictured vol-

umes. It was an object lesson in the eagerness of the child of the city streets for the knowledge and entertainment that is offered by books. It was more than that. Translated by chart and screen and photograph, showing the effort of the library to reach the public's children through the reading room, the branch library, the playground, the home itself, it became another inspiring example of the tendency of our time—the socialization of all our most worthy activities.

"What shall it profit a child if he gain all knowledge and lose his health?" The phrase keeps bobbing up in my mind aggressively, though where in the exhibit and on what placard I saw it escapes my memory; yet it is inseparably associated with the model of the open-air school, completely furnished, which, together with the tent to protect its pupils from stormy weather, and the back yard to be used for play between classes, held that point of vantage in the Coliseum to which its importance entitled it. Important because it laid emphasis on the fact that the two open air schools in Chicago, founded by private philanthropy, of which the exhibit is a counterpart, have been instrumental in demonstrating how those children of feeble constitution who come from over-crowded districts and unsanitary homes may be saved from the ravages of

tuberculosis. Its screens showed the more than satisfactory progress made by its pupils who entered below grade, bringing with them records of irregular attendance and unmanageability. But its importance leaps beyond what it actually demonstrated, and passes into what it suggested to its hosts of visitors, who perchance knew not before of the existence of such institutions; namely, their duty to assist in forming an enlightened public opinion that shall demand the increase of the open-air schools until their number can adequately care for the thousands of city children handicapped by anaemia.

Mounting the stairs that lead to the annex on the second floor, one reflected that the only thing missing in the open-air school were the pupils—an absence made more than excusable by the circumstance that the excitement of attendance upon a huge exhibition is not beneficial for those for whose needs these schools are built—and found, as a mete reward for such captious finding of fault, that one would scarcely see the exhibit of the public schools for the pupils. Twenty rather miniature school-rooms in actual operation, with chosen classes, showed all the vocational and esthetic activities of the schools. It was a living exhibit which gave a living answer to that ever-pres-

(Continued on page 688.)

A NEW ORAL HYGIENE ASSOCIATION

Friday evening, July 28, 1911, in the Engineers' building, Cleveland, Ohio, a group of men and women interested in oral hygiene met at the call of the Oral Hygiene Committee of the National Dental Association.

Miss Cordelia L. O'Neill, principal of the Marion School, of Cleveland, was elected temporary chairman and Dr. William G. Ebersole, Cleveland, temporary secretary.

Secretary Ebersole stated the purpose of the meeting as being the consideration of a permanent national organization and asked for a vote on the question. Those present favored such an organization.

Secretary Ebersole then read a previously prepared constitution and by-laws for the new body, which were adopted. Membership is open to any person interested in the movement, whether a member of the dental profession or not.

On motion of Dr. Jackman, the constitution and by-laws were to be considered as tentative and subject to amendment, adoption or rejection at the next meeting of the organization.

The governing body, which, according to the constitution adopted, shall consist of the Oral Hygiene Committee of the National Dental Association and an

equal number of persons elected by the organization, were instructed to draft a constitution and by-laws for final adoption at the next annual meeting.

Short talks were made by C. B. Warner, Urbana, Ill., Louis F. Jackman, Cleveland, O.; Superintendent Hicks, of the Cleveland Public Schools; John S. Marshall, of the Army Dental Corps (retired); Richard Grady, Annapolis; Burton Lee Thorpe, St. Louis; John R. Callahan, Cincinnati, and others.

Pursuant to the constitution, nominations were requested for the officers of the governing board, of which the Oral Hygiene Committee of the National Dental Association are members *ex-officio*.

Dr. Richard Grady nominated Mr. Horace Fletcher for president of the board. Elected.

Eugene H. Porter, M. D., President of the New York State Board of Health, was elected first vice-president.

W. A. Evans, M. D., Chicago, Ill., ex-commissioner of health, was elected second vice-president.

Oscar Dowling, M. D., President of the Louisiana State Board of Health, was elected third vice-president.

W. G. Ebersole, M. D., D. S., was elected secretary-treasurer.

The following were elect-

ed to the board of governors: Miss Cordelia L. McNeille, Cleveland; Mrs. B. Holly Smith, Baltimore; W. H. Elson, superintendent of the New York City schools; Irving Fisher, M. D., New York; John Beveridge, Council Bluffs, Iowa; Miss

Martha Taylor, of the Russell Sage Foundation Fund, New York.

Those present were requested to join the new association, the initiation fee being three dollars and the annual dues two dollars. A number did so.

NEW ORAL HYGIENE ASSOCIATION

CONSTITUTION.

Adopted tentatively by The National Mouth Hygiene Association.

ARTICLE I.

NAME.

This organization shall be known as The National Mouth Hygiene Association.

ARTICLE II.

OBJECT.

The object in forming this organization is to afford an opportunity for the members of all professions and all laymen and laywomen who are interested in mouth hygiene, to unite and co-operate with the members of the National Dental Association in spreading the mouth hygiene propaganda.

ARTICLE III.

GOVERNMENT.

This organization shall be an auxiliary to The National Dental Association and shall operate under the guidance of the oral hygiene committee of the said association.

ARTICLE IV.

OFFICERS.

The officers of this association shall be a president, first vice-president, second vice-president, third vice-president, and a secretary-treasurer.

ARTICLE V.

BOARD OF GOVERNORS.

There shall be a board of governors, consisting of twelve (12) active members, to which shall be added the secretary-treasurer, who shall act as chairman of the board.

ARTICLE VI.

STANDING COMMITTEES.

The standing committees shall be—Organization, Co-operation, Legislative, Publicity, Education, Membership, etc.

ARTICLE VII.

MEMBERSHIP.

SECTION 1. The membership of this association shall consist of active, associate and honorary members.

SECTION 2. Any person who desires to engage actively in the spreading of the oral hygiene propaganda shall be eligible to active membership.

SECTION 3. Any person who desires to aid the association with-

out becoming personally active, and shall pay the annual dues, shall be eligible to associate membership.

SECTION 4. Persons who have rendered special and valuable services, or made substantial financial contribution to the support of the work, may be elected to honorary membership.

ARTICLE VIII.

AMENDMENTS.

SECTION 1. After the meeting of 1912, this constitution may be amended by a two-thirds vote of the members present at any national session, providing the said amendment has been presented in writing, and signed by five members, at a previous annual meeting.

SECTION 2. Amendments to the 1912 meeting may be made, provided they shall be presented in writing, and signed by five members, and sent to the secretary ninety (90) days before the annual meeting; and copies of which shall be mailed to the members of the association sixty (60) days prior to the meeting.

BY-LAWS.

Adopted tentatively by The National Mouth Hygiene Association.

ARTICLE I.

DUTIES OF OFFICERS.

SECTION 1. The president shall preside at all meetings of the Association. He shall be ex-officio member of all the standing committees, and shall perform such other duties as usually pertain to that office.

SECTION 2. The vice-presidents, in the order named, shall assist the president in the performance of his duties, preside in his absence, and succeed to his office in case a vacancy occurs, in the order named.

SECTION 3. The secretary-treasurer shall, in addition to keeping all records and funds of the association, be a member of the board of governors and of each standing committee, and he shall keep a careful record of their proceedings. He shall have charge of all correspondence of the association, together with the securing, publication and distribution of all educational matter which is used in spreading the mouth hygiene propaganda. He shall collect all moneys due the association from its members, issuing certificates of membership for the current year. He shall have charge of the solicitation and collection of funds from philanthropic sources or otherwise, necessary to carrying on the work of this association. He shall endeavor to create an interest in mouth hygiene in every section of the country where it is possible to secure a foothold. He shall, together with the board of governors, have the power to make such expenditures as are demanded for the best interests of the association, and for the purpose for which it is formed. He shall give bond in..... for the faithful performance of his duties, and, once a year, shall submit a full and complete report under oath to the board and the association. He shall establish headquarters for the association, and install therein a bureau of education and information, collecting, creating, and compiling material which will be of assistance to the members in carrying on their educational work. He shall make such use of this material as the board of governors shall direct. He shall, under the direction of the board of governors, establish a lecture bureau, capable of presenting all phases of the mouth hygiene propaganda under any and all the varied conditions. He must prepare and place in the hands of the active members, not less than thirty (30) days before the annual meeting, a full report of the proceedings and activities of the preceding year.

(Continued on page 680.)

COMMON SENSE

(Continued from the August issue.)

2. ESTIMATING COSTS.

No matter whether you have been practicing dentistry ten minutes or ten years, if you want to charge a proper fee for your services, you must figure out the cost to you of those services.

The profession is recruited from the ranks of farmers' boys, school-teachers, boys just out of high school, artisans of various sorts, with a small number of college bred men. Scarcely any of the recruits have had any business training. Young men who drift into commercial lines and receive even a preliminary practical business training seldom study dentistry. Only a very small percent of dentists have any knowledge of bookkeeping even, to say nothing of having the knowledge and ability to estimate costs. The business records of the average dental office are distressing, to say the least. It is hard to teach a person sums if they do not know the arithmetic tables and it is hard to teach dentists how to run the financial side of their affairs if they do not understand the first principles of business. But the time has come when they must learn.

If a man should come to you and say, "I can show you where you are losing money. I can show you where you can gain a thousand dollars in your gross receipts," wouldn't you be willing to devote a little time and do

a little figuring to accomplish the result? And especially if he said, "I will show you for nothing." That is what I am going to attempt to do.

The key to the regeneration of the individual practice is to organize locally. I do not mean to organize for the purpose of raising prices all along the line. Such methods are properly frowned down upon in this muck-raking, trust-busting age, but organize that you may study the problems about to be presented to you in these columns. Organize that you may compare your figures with your neighbor's and see whether either or both of you are right or wrong. If yours and his prices are right, they should remain as they are, but if they are wrong, they should be corrected, either raised or lowered. A man here and there, no matter what his knowledge of business and his courage may be, cannot work these problems out alone. He may make a little headway and may try to charge for his services in proportion to their cost, but he is like a man in a rowboat trying to tow a battleship. While he is pitying his fellow practitioners for their ignorance concerning the cost of conducting their business, they are hammering him because his prices are too high. Too many men in the profes-

sion are waiting for "the other fellow" to begin. No one man can accomplish a revolution, but one man can start a revolution. So if one man in each community will start the study of the cost of practicing dentistry and will invite the others in the community to join with him, much might be accomplished—provided the invited accept the invitation.

To estimate costs, you must know correctly and to a penny, what money you take in and what money you pay out in your office. It sounds easy, doesn't it? But do you do it?

You cannot run any business and put the receipts in your pocket. Get that fixed in your minds for all time. You must not use your pocket for a cash drawer and there can be no argument about that. There is no such thing as "balancing" accounts when you put money from your business into your

pocket. Get a cash drawer, you can get a good one for ten dollars, and when you get it, keep your fingers out of it. If you have to take money out for yourself, always charge it up to yourself. The only true way to do is to place yourself on a salary, and keep within your salary.

Next, you must record your receipts accurately and post them each evening to their individual accounts. This most dentists do.

Now for your expenses. Here is where few dentists are methodical. Every cent of expense must be put down or you cannot estimate costs and will never be able to know anything about your business. The most trivial things are important. I find, from long experience, that the columnar method is the easiest and best. The items are kept separated and are easily computed at the end of the month. I would subdivide them as follows:

Date 1910	DESCRIPTION	Rent Light Heat	Office Girl	Misc.	Adv.	Furn. Tools	Gold	Material	Salary	Lab. Fee
		\$	\$	\$	\$	\$	\$	\$	\$	\$
July 1	Rent	40.00								
"	Gas	3.15								
"	Electricity	5.00								
" 9	Salary		6.00						35.00	
" 11	Office girl									
" 13	Gold solder and plate						37.00			
" 15	1 pr. pliers					1.50				
" 17	Amalgam10				6.00		
"	Ashman25						
"	Magazines				2.00					
" 19	Polishing brushes30		
" 21	Morning paper (1 month)50						
"	Globes and mantles75								
"	Full dentines								6.00	
"	Laundry75						
"	Salary, 2 weeks							70.00		

The above division of expenses may not suit you. If not, subdivide them as you please. Ten or twelve sub-

divisions ought to be enough for anyone. At the end of the month, a little addition will give you your itemized expenses and your total expense. Now figure your cash receipts for the month and subtract your total expenses from your total cash receipts. Then count up your cash drawer and see whether you balance or not. That is the final check. If your balance is out, it means either that you have not put down all expenses, or have not recorded all receipts, or that your figuring has been defective. Cultivate the balance habit. If the above plan is carried out, you will know exactly what your expenses are, exactly where your money went, and, at the end of the year, there will be no guesswork about your financial position. You will not "think" you made so much money. You will "know" to a cent. When your cash drawer shows an appreciable accumulation, bank it. Do not raise your salary to fifty dollars a week just because the cash drawer has fifteen dollars you might use for that purpose. Perhaps it will be short at the end of next month. Confine yourself absolutely to a salary you can reasonably pay until such time as you are perfectly sure you can "raise" yourself without encroaching on your savings. If every dentist in the United States would follow the above rules, there would be some rude awakenings.

It will be found that the average practice costs fifty cents on each dollar received exclusive of the owner's salary. Some dentists, whose prices are more nearly correct than are the majority, conduct their practices on one-fourth of their receipts, that is, twenty-five cents of each dollar received goes for expenses, and the seventy-five cents is "clear." In many, many offices, the cheap men and advertisers, the twenty-five cents is clear and the seventy-five cents goes for expenses. Of course matters and prices vary in different localities, but from hundreds of answers to the query, I am satisfied that fifty cents of each dollar received is a fair average to apportion to expense of conducting the average office, that is, "costs."

If a dentist charges reasonably well for his work, he ought to be earning and getting eight thousand dollars per annum by the time he has been ten years in practice. I say he *ought*. As a matter of fact, the average good city practice at the end of ten years yields only five thousand per annum. If it costs fifty cents on the dollar to do business, the dentist has a net income of \$2,500 per year. Now any business man, in a city, where the cost of living is as high as it is, ought to quit daily routine long enough to investigate matters if he is only making \$2,500 a year after ten years in business. The same is

true, in proportion, to the smallest of towns.

So, after keeping a proper set of books and finding out to a cent what he is making

each year, the dentist should figure out how many hours he ought to work each year. And that matter will be taken up in the next paper.

SWAT THE FLY

Two flies rose up from the city street
With poisonous slime all over their feet;
Into the nursery they made a race
And crawled all over the baby's face—

Ta-ra, swat the fly,
Ta-ra, swat the fly.

Three flies flew off from a garbage heap
And over to the table did softly creep;
They danced on the butter and swam in the milk
And washed the filth from their wings of silk—

Ta-ra, swat the fly,
Ta-ra, swat the fly.

Four flies flew in through a screenless door
To just look around the grocery store.
They tasted the sugar and drank in the can
And wiped their noses on the grocery man.

Ta-ra, swat the fly,
Ta-ra, swat the fly.

Five flies flew out of a nasty drain
And started to have some fun again.
They peevd the man with the hairless head,
Then left some germs on the children's bread.

Ta-ra, swat the fly,
Ta-ra, swat the fly.

Six flies danced around in some rotten muck,
Their bodies got covered with typhoid truck;
Into the pantry they raced a heat
And cleaned themselves on the family meat.

Ta-ra, swat the fly,
Ta-ra, swat the fly.

ONE SWALLOW MADE AN ETERNITY

Reported by G. A. Ostermeier, New London, Wis.

While eating meat, Barnard Drews, Dale, Wisconsin, aged twenty-five years, swallowed his loose fitting partial plate which afforded attachment for his two upper centrals. He suffered no appreciable inconvenience subsequent to the act, except a sore throat, and believed the teeth had passed on down into the stomach. About two years later he began to have paroxysms of coughing and expectoration of foul smelling pus, this accompanied by failing health. A skiagraph was made by an Oshkosh physician and the teeth were seen to be lodged in the oesophagus at the bifurcation of the trachea. A second skiagraph was made later in Milwaukee and the location of the teeth being confirmed, surgical interference was decided upon as the only means of saving the patient's life.

Under ether, an effort was made to dislodge the teeth by working through the oral cavity, but this effort was unsuccessful. The stomach was then opened and forceps passed up the oesophagus in the hope of drawing the plate downward, but the sharp projections on it had become so deeply imbedded in the muscular walls that its safe removal was found to be impossible.

Examination of the pus revealed both tubercular bacilli and streptococci. His pulse was 48, no doubt due to disturbances of the pneumogastric nerve. The patient expired two days later.

MORAL. When partial dentures are believed to be necessary, the dentist should advise his patient of their dangers. They should be careful while eating and should be careful to take them out on retiring.

Query. Why not a tracheotomy? It would have been shorter to the bifurcation that way than through the stomach. Also, why not make the moral, don't eat meat?—Editor.

Sing a song of Sleeping Porch,
a family of Fresh Air,
Beds are vacant in the house,
people everywhere.

On the roof, and on the porch,
on veranda too.

Blankets covered thick with
snow, noses pinched and
blue.

Father's bed is on the roof of
the kitchen ell;

Mother's underneath a drift
where the snowflakes fell;

Brother takes his Sleeping
Bag down among the trees

Sister has a Window-Tent to
concentrate the breeze.

Though they scorn me and de-
ride, I shall not begin—

Someone's got to watch the
house, so I'm sleeping in.

—*Woman's Home Com-
panion.*

THE ERRORS OF BIOCHEMISTRY (CHEMISTRY OF LIFE)

By OTTO CARQUE

(Reprinted from "Health.")

The importance of the mineral constituents of our food for proper nutrition and maintenance of health has been more or less overlooked, both by the medical profession and the layman. Physiological text-books pay comparatively very little attention to this subject. Proteids, fats and carbohydrates can supplement each other, as long as they are taken in natural foods which contain the elements of carbon, oxygen, hydrogen and nitrogen. For instance, the body is able to form fat from carbohydrates and proteids. These four elements very easily associate and disassociate unless they are given some stability by mineral bases. Without a sufficient supply of the heavier mineral elements, any organism will rapidly decompose and decay. Indeed, the majority of diseases are due to the lack of certain organic salts in our system. In my pamphlet, "Medicinal Foods," I have presented a table showing the amount of the different salts in the water-free substance of various foods, explaining their different functions in the system and maintaining that these salts can only be administered in natural foods.

Both in Germany and the United States efforts have been made of late to manufacture food salts artificially, or at least extract them from foods and supply them separately in the form of powders, pills, tablets, solutions, etc. In Germany, these products are generally sold under the name of nutritive salt extracts; in this country, mostly under the name of tissue salts of the biochemic school.

While biochemists recognize the importance of mineral elements for the body, they fail to properly distinguish between inorganic matter and organic compounds. One of the leading exponents of biochemistry says:

"The digestion and assimilation sometimes fail to set free the mineral salts from the organic parts of the food, so that the absorbents can take in a sufficient quantity to keep the blood properly balanced. It is then biochemistry comes to the rescue. The inorganic vitalizing principle of food having been set free by chemical process, or prepared directly from the mineral bases, are given as a remedy, and are taken in by the absorbents at once, not passing through the process of digestion at all, as

they are ready for the blood when taken."

In short, biochemists claim that inorganic salts from rocks or soil can enter directly into the circulation and form an integral part of the blood and lymph. This, however, is a mistaken view, which shows that biochemists have not a very thorough knowledge of the processes of life. They do not understand that it is not the chemical elements of the food alone that sustain vital force, but the electric and magnetic power stored up by the sunlight in the complex organic compounds of the vegetable kingdom. The process of digestion disintegrates these compounds, thereby setting free the latent electric and magnetic energy stored up in the food and transferring it to our system. The nutritive value of food is therefore primarily constituted by the highly organized combinations into which the chemicals enter, and which we are unable to imitate. We find in the living foods exceedingly fine and subtle qualities that are not susceptible to chemical analysis; and these are too volatile to survive the laboratory process of condensation and extraction. Yet there are a number of food extracts on the market in which are condensed those ingredients which the chemist, guided by his material analysis of the food, believes to be essential. But all these artificial products of our commercial age are worthless

imitations of nature, and if taken for any length of time, become decidedly injurious to our system. Nature knows her business infinitely better than the best expert chemist, and all attempts to imitate her innermost workings will be a failure from the very beginning. We can stimulate the growth of plants by artificial light and heat, but these plants will not have the same vigor as those grown in the sunlight. They may blossom, but their seeds will lose the germinating power.

We cannot reproduce the subtle processes going on in the living tissues by the implements of the chemical laboratory; they are beyond the reach of the strongest microscope. Yet there is nothing mysterious about the processes of life; they are governed by the same supreme intelligence that pervades the universe, that reveals itself in wind and wave, in the germinating seed, in the glittering sunbeam, in the ripening fruit, in the glance of the eye, in the thought of the brain. There are two opposite errors on this subject; one is the old error of regarding vital force as something innate, underrived, having no relation to the other forces of nature; the other is the new error of regarding the forces of the living body as nothing but ordinary, physical and chemical forces. Vital force is not underived, is not unrelated to other forces; it is, in fact,

correlated with them; but it is, nevertheless, a distinct form of force, far more distinct than any lower form.

The so-called tissue salts of the biochemic school, which are supposed to be ready for assimilation, are inert, and cannot sustain animal life for any length of time, neither can they supply any deficiency of the highly organized blood salts, even if they are taken in very diminutive doses. Plants derive their vital force from sunlight, air, and the decomposition of their mineral food. Animals cannot make organic matter from crude minerals; even the embryonic plant must feed on the organic compounds of the seed until roots and leaves are grown. The elevation of inorganic into organic matter, which takes place principally in the green leaves of the plants, is the starting point of life; upon it alone is based the possibility of the higher forms of the organic kingdom. The higher vertebrate animals and man could only appear on this planet after large islands and continents had arisen from the floods and plant life sufficiently developed. This fact has been borne out by geological and paleontological researches. The stability of mineral matter, usable as plant food, is such that a peculiar contrivance and peculiar conditions for the reception and utilization of sunlight, found only in the green leaves of the plants, are necessary for the decomposition and

change into organic matter which can be used by the animal. On the other hand, it is the very process of metabolism, or disintegration of the complex organic compounds in our system which again sets free the latent energy of the sunlight, the ultimate source of our vital force.

The fact is not yet fully realized that high degrees of heat, as employed in cooking, roasting and frying, also effect certain chemical and biological changes in the food; for instance, the albumen is coagulated and the organic salts are more or less reduced to inorganic compounds, according to the degree and length of high temperature employed. A man living mostly on so-called predigested foods will gradually diminish his vitality, because part of the vital force of the foods has been lost in their preparation. We can hardly improve on nature, and the foods that we can take in their natural state are best adapted for our nutrition. The culinary art is generally regarded as a sign of our advanced civilization, but, from a hygienic point of view, it is rather a step backward.

There is also a marked physiological difference between plant and animal food. Animals are distinguished from vegetables by incessant decay in every tissue, a decay which is proportional to animal activity. This incessant decay necessitates incessant repair, so that the animal body has been likened to a

temple on which two opposite forces are at work in every part, the one tearing down, the other repairing the breach as fast as it is made. In plants, no such incessant decay has ever been discovered. If it exists at all, it must be very trifling in comparison. Protoplasm, it is true, is taken from the older parts of the plant, and these parts die; but the protoplasm does not seem to decompose, but is used again for tissue building. Thus the internal activity of animals is of two kinds—tissue destroying and tissue building—while that of plants is principally of one kind, tissue building. Flesh foods will, therefore, impart less vitality to our system than plant foods, because the former always contain a large quantity of substances which have undergone the various stages of catabolism and have lost their vital force by producing animal heat and energy. We feel drowsy and indolent after a heavy meal of meat, while an apple, an orange, a bunch of grapes, instantly refreshes us. The theories that flesh makes flesh, that blood is converted into blood, that calf's or sheep's brain increases our mental capacity, that meat is predigested plant food, cannot stand in the light of physiological chemistry.

There is no nerve food, brain food, hair food, liver food, skin food, and so on. Our body has to rebuild all these parts itself; it manu-

factures its own protein, bones, blood, digestive juices, etc.; all the system needs is the necessary elements in a highly organized form, free from material which is in the stage of decomposition.

The energy of food stuffs and the motion of the heart are not only due to the production of heat, but also to the force stored up in electrically charged molecules. This electrical vitality we can best enjoy in uncooked fruits, nuts, grains in their milk, vegetables, especially their green leaves, as they come from the hand of nature, prepared by the heavenly light, filled with life and vigor, unblemished by the hand of man.

More than other products of the soil fruits enjoy a free and uninterrupted exchange of the influences of light, heat and air, by which the electric and magnetic forces of the sun are transmitted. Vital energy is thus stored up in the fruits in a higher degree; and, while we cannot grasp or determine this subtle power by chemical analysis, we can feel its enlivening effects on our whole system.

Another absurdity is to recommend such substances as ground oyster shells and bones to children suffering from scrofula and rickets. These substances will make good plant food, but they can never form tissues in the human body. The only way to restore normal conditions of

(Continued on page 694.)

EDITORIAL



GEORGE EDWIN HUNT M.D., D.D.S. EDITOR
131 EAST OHIO STREET, INDIANAPOLIS, IND., U.S.A.

ABOUT THAT LAITY NUMBER

The prompt response to the editorial in the July number regarding an issue designed for the laity, was very gratifying. Letters were received from all directions, expressive of interest and offering assistance. A friend in Plano, Illinois, says: "I consider it a 'bully' suggestion. If we can convert some of our efforts in telling each other things we all know, to telling the laity those same things, which they do not know, oral hygiene will make much more rapid progress."

From Negaunee, Michigan: "Put me down for one hundred copies of the Laity Number."

From Williamson, West Virginia: "The idea is a splendid one. Put me down for one hundred copies."

From Paducah, Kentucky: "I want one hundred copies."

From Tomahawk, Wisconsin: "A good idea. In case you should get out such a number you can count on me for at least one hundred copies."

From Pratt, Kansas: "A 'bully' good scheme. I will try and get up an order for one hundred from my colleagues and myself."

From Oxford, North Carolina: "I have just read Miss Nelson's article and your editorial with interest. Should you get out this number you can put me down for one hundred copies."

From Chicago, Illinois: "An excellent idea. I can use five hundred as soon as they are ready."

And so on, and so forth.

At this writing, the returns have not begun to come in from the cards sent out in our August issue, but the large number of volunteered letters received in response to the broaching of the idea in the July number makes it evident the plan has merit. That is one of the difficulties in editing a large monthly magazine, large in point of circulation, I mean. Did some one remark, "Also in breadth of view?" Thanks, comrade. The amendment is unanimously accepted and herewith incorporated in the minutes. But to return to our matter. This number, the September

number, goes to press August first, so that this editorial is being written in July, and as the August number will not be in the mails until August first, it will be plain to any person of average intelligence that the Editor has had no returns yet from the post-cards sent out in that number. Most anyone can see that.

Now I want you to know as much about the Laity Number as I do at this writing, but I want you to remember that the plan here outlined is subject to change without notice, if we think we can better it. I have no doubt it *will* be changed, for someone is almost sure to suggest something good before it is too late to incorporate the suggestions, but bear in mind that any change will be for the better.

First paper. Introductory, showing the economic value of mouth hygiene with brief references to what has been and is being done. This by the editor.

Second paper. For mothers and nurses. Care of the mother's mouth during pregnancy. Care of the child's mouth during infancy. Ill effects of rubber teething rings. So-called diseases of dentition. Real diseases of dentition, and so forth. This will be written by Dr. Nelville S. Hoff, Ann Arbor, Michigan.

Third paper. Care of the mouth during childhood and adult life with special reference to the relation of the mouth to the remainder of the body, in health and disease. This paper will be prepared by Dr. Arthur H. Merritt, New York.

Fourth paper. Instructions in the toilet of the mouth, including all necessary information concerning pastes, powders, liquids, tooth brushes and thread. By Dr. Jules J. Sarrazin, New Orleans, Louisiana.

Fifth paper. Irregular teeth and their influence on mastication, breathing and esthetics. By Dr. Charles R. Jackson, Indianapolis, Indiana.

Sixth paper. Adenoids and enlarged tonsils. Their evil effects, prevention and removal. Writer not yet selected.

Seventh paper. How to eat. By Horace Fletcher, New York City, if we can get in touch with him. If not, by someone else.

Eighth paper. The need for free dental dispensaries. By William H. Allen, director of the Bureau of Municipal Research, New York City.

Now there is a tentative program that anyone ought to be able to view with some considerable complacency. All the writers have been carefully impressed with the thought that their papers must be as untechnical and as simply written as it is possible for them to be. I have urged them to prepare papers that would be intelligible to

persons *below* the grade of average intelligence. It might be well to add a short paper suitable for reading in school-rooms where the children range from eight to twelve years of age, and if it proves desirable, such a paper will be added.

I may also state that no advertising matter in this issue will contain any prices. Those to whom you send the number will not be confronted with the information that you only pay two dollars and a half an ounce for alloy, so they cannot complain that you charged them three dollars for that last amalgam filling and they know darn well you didn't use over a half an ounce of alloy, and what in thunder do you mean by such outrageous prices, and do you want to get rich all at once, and so on. None of that.

The mechanical work, the type-setting, printing, binding, etc., for this issue is going to be a big undertaking. Of course, at this writing I have no idea how many copies will be ordered, but I anticipate the issue will be a very large one. So you will help very much in getting out the number on time, if you will inform your publishers *promptly* how many copies you want. You will find a post-card or coupon or something in this number. If you want any extra copies, fill it out and mail it to the publishers and they will send you your copies and the bill for them. Do not send orders to me. Goodness knows I will be having troubles enough of my own.

The principals of every school should have one or more copies for use in the schools. All superintendents of public institutions, as schools for the blind, the deaf, orphan asylums, parochial and private schools, health board members, mission-workers, Y. M. C. A. and Y. W. C. A. rooms and buildings, and a score of other places and persons that will occur to you, should receive them. In order to get the best results, you should enclose your personal card with "Compliments of" on it, or present the number personally, with a word of explanation, or adopt some other method to secure a reading of the number. Otherwise it might find its way into the waste basket, where most second class mail goes.

Of course your own personal number of this issue will come to you as usual. No obligation whatever rests on you to order any extra numbers, but if you want extra numbers, you may get them from the publishers in lots of from one copy to ten thousand copies, but your order must be in as early in September as is possible, so we will know how many to print. No orders can be filled unless received before October 1.

Gee! This has been a long editorial to write. I wonder if anyone will read it. Well, by George, I'll make my wife read it, anyhow.

US AND THE OTHER FELLOW

An editorial in the June number concerning a lack of journalistic courtesy on the part of the editors of some dental journals stirred up two mighty fine fellows. Dr. C. N. Johnson, of the *Dental Review* says it was "merely an oversight," which I accept as an ample explanation. Anyhow, I would not quarrel with a man that can hold the wheel of an automobile from Chicago to Cleveland and make it in a short two days. There is evidence of huskiness in that performance that demands respect.

The other editor was Dr. William W. Belcher, of the *Dental Dispensary Record*, published at Rochester, N. Y. His complaint is that he *did* recognize the existence of ORAL HYGIENE and got no credit for it. A fact for which we apologize. Editor Belcher claims that the *Dental Scrap Book* is the only publication up to date, that has discovered the existence of the *Record*. He says, "I don't think the older publications like either of us very well, to tell the truth, George. They are like our cat 'Sammy.' He doesn't really approve of the dog next door and religiously keeps his distance, but can't bear to have him out of sight as he seems to possess a fascination that is as intense as at first acquaintance; he is as busy as ever trying to figure out what the pesky animal is going to do next."

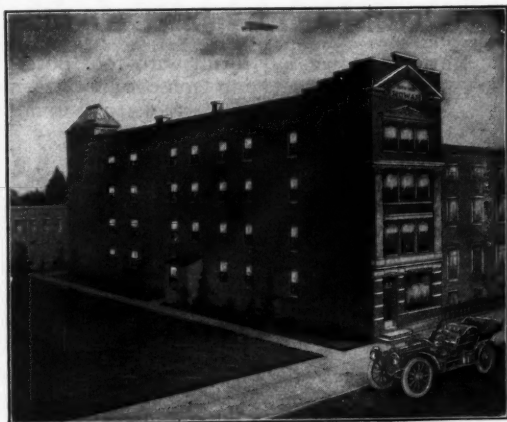
Cheer up, Will'um. I got no grouch. I am the original and only living personification of Mendelssohn's Spring Song in pants. I never had but one real for sure grouch against a fellow, and he died. Since then I have not wanted anyone to die badly enough to have a grouch against them.

But, h'I soay, old top, why not let the *Record* drift onto the financial rocks and come be associate editor with me, on the same salary you are now drawing? No? So be it.

And in the meantime, ladies and gentlemen, the *Dental Dispensary Record* may be had every once in a while for the small sum of twenty-five cents per year. Shove your money under the door of 606 Cutler building, Rochester, New York.

A CORRECTION

In the August number on page 588, Dr. Katz stated the John T. Nolde Company was out of existence. That was an error. The John T. Nolde Manufacturing Company is very much in existence and may be found at the Century building, St. Louis. The editor regrets the statement was made, as it reflects on an old and reliable house.



ROWAN'S NEW BUILDING

ROWAN'S Uniform Quality SOLDERS

Easy Flowing Gold

COPY OF LETTER (*Unsolicited*)

MR. EDWARD ROWAN, New York.

May 25, 1908.

Dear Sir:—

For more than forty years I have been using gold solders, and during those forty years have said and thought a good many cuss words, owing to the fact, all gold solders heretofore used, flowed, leaving bubbles or pits. When I tell you I have just fired out a quantity of . . . and . . . and say never again will I use other than *Rowan's*, is putting it very mildly, as I now feel I have something to depend upon and a pleasure to use. Very truly yours,

Rowan's Solders are of high standard uniform quality, easy flowing, and finish free from pits. Bridges made from these solders are of smooth finish and high polish. Try ROWAN'S SOLDERS and see for yourself.

EDWARD ROWAN,
625 East
NEW YORK



INCORPORATED
163rd Street
CITY

NEW YORK

PROVIDENCE

BOSTON

KNOCKS AND SALAAMS—THESE BEING MOSTLY SALAAMS

Ruthven, Iowa.

I have never had anything in the professional line give me as much pleasure as the reading of "An appreciation of ORAL HYGIENE" by Miss Nelson, and your editorial on the proposed Laity Number. Miss Nelson must be a magnificent specimen of that evolution of society, the New Woman who is to help us Mere Men to "keep house" and I hope she will receive the appreciation she deserves.

The Laity Number can be made one of the notable events in the history of oral hygiene. This letter is but a friendly hand-clasp across the miles and to tell you how much I appreciate it all, and to wish you success in it all.

J. ALDEN BLISS.

Flandreau, S. D.

I have just gotten through reading Dr. Ebersole's lecture on "The Human Mouth" in the July ORAL HYGIENE and, if I may appoint myself a judge, I must say it is so much to the point and contains so much of vital interest, coupled with such well-balanced reasoning that I feel it is a pity it cannot be read by everyone in these United States. I should like to send out a thousand copies of it. Would it not be possible to print a large number of it in pamphlet

form, with foot notes defining some of the terms the laity might not understand, and offer them for sale to the profession?

W. F. KALLAUS.

Newton, Kan.

I want to say that ORAL HYGIENE is all right. It is fine and the idea of a laity number is a great one. The Newton Dental Society will want some copies.

J. R. LOWE.

Zanesville, Ohio.

I am pleased and interested in Miss Evaline Wright Nelson's suggestion of a Laity Number. The key note has been sounded and it has the right ring to it.

M. L. VAN VALKENBURGH.

(Editorial in Dental Dispensary Record.)

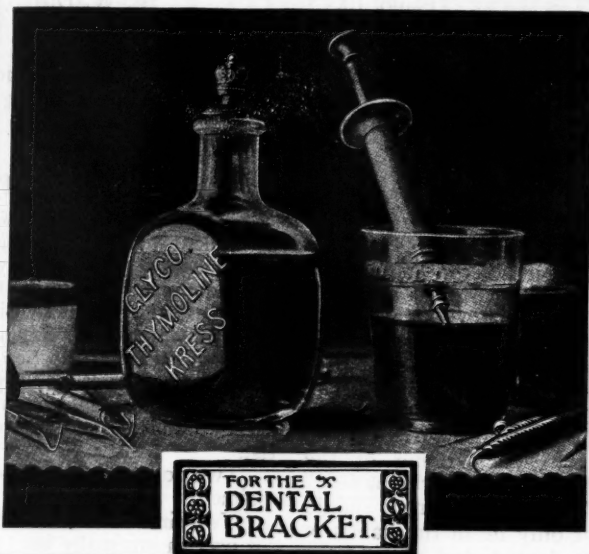
We are patiently waiting for an "Angel" to recognize our ability and supply some real money so we can enlarge and improve our publication and make it more like ORAL HYGIENE—only different—so different.

WM. W. BELCHER.

Madison, Ill.

I have been many times tempted to give my patients copies of ORAL HYGIENE and the Laity Number is an excellent idea. I think there are about forty school

GLYCO-THYMOLINE



FOR THE
DENTAL
BRACKET.

Seasonable Hint:—Glyco - Thymoline gives prompt relief in Sun-burn, Ivy-poisoning and Pruritus.

Literature and samples on request.



Upon your request our Special Bracket Bottle and samples for your patients will be sent free of all cost

KRESS & OWEN COMPANY
210 Fulton St., New York

Please mention ORAL HYGIENE when writing to advertisers.

teachers in our "tri-cities" and I want a copy for each of them.

J. E. BARNFIELD.

Plano, Ill.

I, too, consider it a bully idea. Any method we adopt to reach the laity is a bully idea.

R. C. V. OSTEN.

Los Angeles, Cal.

Some days ago a copy of the July number of ORAL HYGIENE was laid on my desk with a kind invitation to read it. It was not only a pleasure to read it, but I found it full to the brim of good things for both the profession and the laity. The great need of this class of literature is manifest on every side. Being of the every day "doctor to patient" sort of instruction, it should not only be in the hands of the dentist, but also in the hands of the public. The Laity Number should be thoroughly appreciated.

It is a lamentable fact that the average physician understands but little of oral diseases, and fails to recognize the mouth as the true source of many troubles. It has been my misfortune to witness the death of several children, which resulted directly from the attending physician knowing so little of these matters.

W. W. SHARTEL.

Memphis, Tenn.

The article in the July issue is all right, and I think

it is all you need go to the profession with. I appreciate deeply the splendid work you are doing in editing this journal.

L. W. DUTRO.

Yuma, Arizona.

ORAL HYGIENE is getting more and more interesting.

J. F. TEUFERT.

MUST HAVE PROOF

A Yankee who was seized by violent toothache did not succumb any too readily to the gas administered, but in the course of time he was sleeping peacefully and the offending molar was removed.

"How much?" asked the patient after the ordeal was over.

"Two dollars," said the dentist.

"Two dollars!" the man exclaimed.

"Yes, sir," said the dentist, "it was an unusually hard job getting that tooth out, and you required twice the ordinary amount of gas."

"Well, here's the money," said the patient. "But mind this—the next time I take gas in your place I'll want to look at the meter."—*Human Life*.

AN APT ILLUSTRATION

"Sometimes a virtue can be exaggerated until it becomes a vice," said the earnest adviser.

"I see exactly what you're comin' at," replied Tarantula Tim. "Whereas four aces is a blessin' an' greatly to be admired, five of 'em kin create untold dissension."—*Washington Star*.

The Dalton Pivot Crown Remover

Devised by V. B. DALTON, D.D.S.
Demonstrator of Porcelain Work, Ohio College of Dental Surgery



WON'T HURT YOUR PATIENT

That's why this instrument makes such a hit with your patient

In view of its simplicity, it's strange that no one ever thought of such a device before. But Dr. V.B. Dalton, of the Ohio College of Dental Surgery, DID—and the dental profession benefits by his forethought. The instrument is known as

The Dalton Pivot Crown Remover

It will successfully remove any crown that is mounted without a band—especially Logan crowns.

It will successfully remove Richmond abutments of bridge work, individual Richmond crowns and Davis crowns.

You often have to treat an abscessed tooth that has been crowned; or perhaps you want to use the crowned root for an abutment for a bridge. Here's where the instrument comes in handy.

No injury can result to either crown or tooth root. Adjust the beaks on the lingual, allow the opposite beaks to slip along the labial until point of contact of root is found, slowly tighten thumb screw, and presto! off comes the crown.

Price \$3.50. Ask your dealer. Send for booklet, "True as Steel."

MANUFACTURED BY

Lukens & Whittington Company

Makers of Dental Instruments
of Staple and Special Design

624-626 Race Street

PHILADELPHIA

NEW ORAL HYGIENE ASSOCIATION*(Continued from page 661.)***ARTICLE II.****DUTIES OF THE BOARD OF GOVERNORS.**

SECTION 1. The board of governors, including the secretary-treasurer, shall have control of the entire business of the association. Any member of the association may bring any matter before the board of governors in writing and shall be notified when to appear before the board for the consideration of the same.

SECTION 2. The board of governors shall elect all active and associate members, and all officers and standing committees, except the president, first vice-president, second vice-president, third vice-president, secretary-treasurer, and the members of the board of governors; and they shall make all preparations for the annual meeting.

SECTION 3. All expenditures shall be subject to previous approval by the board of governors; but, expenditures for purposes other than those specified herein shall be subject to previous approval by a majority vote of the members of the association present and voting at the annual meeting.

SECTION 4. They shall have the power to suspend the secretary-treasurer from the discharge of any or all of the duties by a vote of nine (9) members, and such suspension shall remain in force until the next annual meeting, when the board must present the same to the association for action. They shall also have the power to fix the salary of the secretary-treasurer. And they shall appoint annually an auditing committee to examine the books of the secretary-treasurer.

SECTION 5. The board of governors shall have power to fill all vacancies occurring by death, resignation or otherwise, subject to the approval of the association by a majority vote of the members present and voting at the next annual meeting.

SECTION 6. Five members, including the secretary-treasurer, shall constitute a quorum for the transaction of business.

ARTICLE III.**DUTIES OF STANDING COMMITTEES.****ARTICLE IV.****ELECTION OF OFFICERS AND BOARD OF GOVERNORS.**

SECTION 1. The election of the president shall occur annually and he shall hold office for the period of one year, or until his successor is elected. The president of this association should, in so far as is compatible with the best interests of the organization, be elected from among the lay members.

SECTION 2. The first, second and third vice-presidents shall be elected annually and shall serve for a period of one year or until their successors are elected. The vice-presidents of this association should be selected, in so far as it shall be consistent with the best interests of the organization, from members belonging to the medical profession.

SECTION 3. The secretary-treasurer shall be elected for a period of five years and shall hold office for a period of five years, or until his successor is elected. His election shall take place at the annual meeting. Only members of the dental profession shall be eligible to election as secretary-treasurer. The secretary-treasurer may be suspended from the discharge of any or all of the duties of his office by vote of nine (9) members of the board of governors. Such suspension shall remain in force until the next annual meeting of the association. At that meeting the issue shall be presented to the association by the board of governors. If the suspension by the board of governors be approved by two-thirds of the members present and voting, the office

100 Dollars for 100 Hints

In order to secure and publish the wisdom of the profession on the subject of working dental golds, we are offering a series of prizes for the best three hundred practicable gold working hints.

For the 100 best hints, \$1.00 each will be paid.

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For the 100 third best hints \$0.50 each will be paid.

The contest is open to all. The terms are printed exclusively on slips, one of which is enclosed in each envelope containing Ney's Gold Solders or Plates.

Perhaps you may be a prize winner. You will surely benefit by the collection and publication of this knowledge.

The J. M. Ney Company
Hartford, Conn., U. S. A.

of secretary-treasurer shall be declared vacant. It shall then be filled by the election of another secretary-treasurer.

SECTION 4. The board of governors shall at the first election be elected as follows: Two to serve one year, two to serve two years, two to serve three years, two to serve four years, two to serve five years, and two to serve six years. One member of each series of two to be selected from the dental profession and the other from the laity. And, each year thereafter, one layman and one dentist shall be elected to serve six years, or until their successors are elected.

At the first election, the dental representation upon the board of governors shall, in compliance with a resolution passed by the National Dental Association granting the formation of such an organization, be selected from the members of the oral hygiene committee of the National Dental Association, and they shall serve for a period of from one to six in the order of the seniority in membership on said committee, that is, the senior member to serve six years and the junior one year. At the first election, the lay member who shall first be elected shall serve six years and the others in the order of their election.

SECTION 5. Only dentists who are members of the National Dental Association shall be eligible to serve on the board of governors.

ARTICLE V.

AUXILIARY ASSOCIATIONS.

SECTION 1. Any state, county, or municipality desiring to form auxiliary or branch associations, may do so by making application to the secretary-treasurer, who will forward copies of the constitution and the necessary application blanks, which, when properly made out and returned, together with the necessary fees and dues, will be acted upon by the board of governors and a charter issued. The board of governors may at any time, for sufficient cause, revoke the charter of any branch association.

ARTICLE VI.

ELECTION OF MEMBERS.*

SECTION 1. Applicants for active membership, who shall present duly accredited application blanks, bearing the recommendation of a member in good standing, and accompanied by the initiation fee and annual dues, may become active members upon receiving a majority vote of the members of the board of governors.

SECTION 2. Applicants for associate membership, who shall present duly accredited application blanks, bearing the recommendation of a member in good standing, and accompanied by a sum equal to the annual dues of the association, may become associate members upon approval of the board of governors.

SECTION 3. The names of candidates for honorary membership shall be presented to the board of governors by ten active members of the association. Upon recommendation by the board of governors they may be elected by a three-fourths vote of the members of the association present and voting at any annual meeting.

ARTICLE VII.

INITIATION FEES AND ANNUAL DUES.

SECTION 1. The initiation fee shall be three dollars (\$3.00) and shall accompany application blanks, together with the annual dues.

SECTION 2. The annual dues shall be two dollars (\$2.00) per year, and shall be payable to the secretary-treasurer on the first day of October of each year.

*The Secretary-treasurer desires to call attention to the fact that the books will remain open for applications for charter membership in this association up to December 1, 1911.

Dentalone

in Odontalgia



FORMULA:

Each fluidounce contains: Chloretone, 175 grains; Oil of Cloves, Oil of Gaultheria and Oil of Cassia, q. s.

The dental practitioner is sometimes driven to the necessity of sacrificing a tooth that might be saved but for the intensity of the pain which can be relieved only by extraction or by the application of a prompt-acting and harmless local anesthetic.

Dentalone is the ideal agent in such a juncture. It is applied on lint or cotton, without dilution, after the cavity has been cleaned out, and exerts a pronounced local-anesthetic action.

Dentalone is also useful in root-extraction, drilling, crowning, bridge-work, etc., a free application being recommended; in the filling of root-canals, in mixture with zinc oxide, when it produces both an antiseptic and a local-anesthetic action; as a solvent for arsenic paste in pulp-devitalization, in which use it counteracts the pain without interfering with the chemical action of the arsenic upon the pulp.

Supplied in ounce glass-stoppered bottles.

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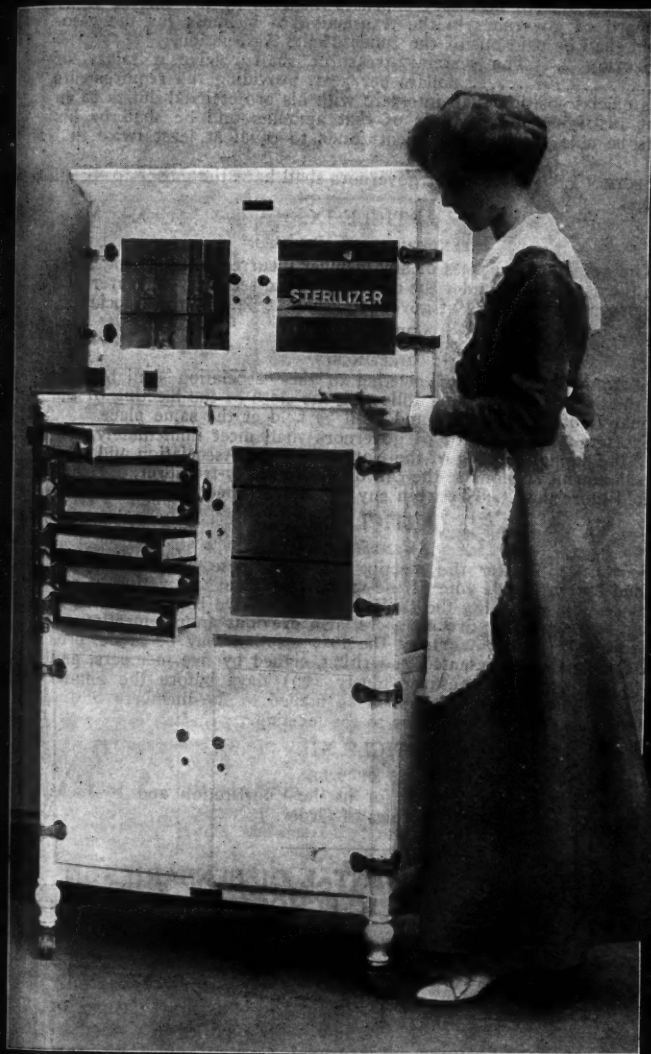
☞ Send for our complete illustrated catalog which shows the six models in which the cabinet is now made, and a lot of other up-to-date aseptic equipment.

☞ The model shown on opposite page is the new 510, the price of which, not including the girl, is \$175.00.

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ARTICLE VIII.

SALARIES AND FEES.

SECTION 1. All necessary expenses incurred by the officers or by the board of governors in the transaction of business for the association, shall be paid out of the funds of the Association.

SECTION 2. The secretary-treasurer shall receive a salary of dollars per year, providing the requirements of his official position shall interfere with his professional duties to an extent justifying the payment of that amount; and he shall by his efforts be able to collect sufficient funds to equal at least twice that sum.

SECTION 3. The board of governors shall have the power to fix all salaries.

ARTICLE IX.

EXPENDITURES OF MEMBERS.

The necessary expenses of any member incurred in rendering service to the association, under the direction of the secretary-treasurer and the approval of the board of governors, shall be paid by the association.

ARTICLE X.

MEETINGS.

SECTION 1. The annual meeting of this association shall be held upon the first day or evening following the close of the meeting of the National Dental Association and shall be held at the same place.

SECTION 2. The board of governors shall meet immediately preceding the annual meeting of the National Dental Association and shall hold subsequent sessions at the call of the secretary-treasurer, but shall not hold more than two between any two annual meetings.

ARTICLE XI.

AMENDMENTS.

SECTION 1. After the meeting of 1912, these by-laws may be amended by two-thirds vote of the members present and voting at any annual session, providing the said amendments have been presented in writing, and signed by five members, at a previous annual meeting.

SECTION 2. Amendments at the 1912 meeting may be made, provided they shall be presented in writing, signed by five members, and sent to the secretary-treasurer ninety (90) days before the annual meeting, and copies of which shall be mailed to the members of the association sixty (60) days prior to the meeting.

ARTICLE XII.

RULES OF ORDER.

All questions not provided for in the Constitution and By-Laws shall be governed by Robert's Rules of Order.

THE NEED OF FREE DENTAL DISPENSARIES IN OUR PUBLIC SCHOOLS

It may be asked, why is a Dental Dispensary needed in our public schools? Is this another fad of our educational system?

Surely not a fad. This accusation is hardly tenable with the work done in this line

abroad. Germany was the first to recognize the necessity of this work, and it was only after the startling nature of her school children's need of dental services were presented.—*Rochester Dental Record*.

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will go to the mouth cooler and softer than any compound made.
If it is Hood's, it is right.

You want a good impression, as that is the first step for
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Price	-	-	-	75c per pound
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It has a high polish, is very stiff and tough.

The best warm weather wax made.

Full half-pound box, 50c

Insist on HOOD'S

John Hood Company

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BOSTON, MASS.

IMPRESSIONS OF THE CHICAGO CHILD'S WELFARE EXHIBIT

(Continued from page 658.)

ent question, "What are the public schools doing to fit the children for the life beyond the class-room?" In successive companies, from various schools, girls of the fifth and sixth grades were demonstrating the practical value of their instruction in the cooking and purchasing of foods. Fourth and eighth-grade girls illustrated what their acquired skill with the needle is doing for their present and future welfare. Boys, not to be outdone, were demonstrating their skill in printing, basketry, weaving, book-binding, carpentry, and pottery.

I reflected, no doubt not unlike the hundreds of other grown-ups around me, on the changes, the improvements, the developments that have taken place in the public schools since—ah, well, there are times when one wishes one were a boy again. Leaving this realm of industrial enterprises, one passed into an impressive zone of quiet, and saw the deaf learning to read the lips of their instructor, to speak words they are doomed never to hear, and the blind learning to read raised letters, and to acquire the mastery of the handicrafts. Fulfillment and achievement were here, likewise something greater than either—the promise of still greater

development in constructive reform in school work.

A tumult of applause reached me, and not wishing to miss the fun, I moved quickly to the gallery where a crowd was seated watching the arena below in which were being given gymnastic exhibitions, music, vocal and instrumental exercises, folk-dances, parades, Morris dances, flag drills, and—but the list is without end, and one is forced to end somewhere.

Just now eight boy bands were competing for a prize banner. Uniformed, resplendent, with much pomp and circumstance, and majestic drum-majors twirling amazing batons, they entered. So all entered save one group, untrained in the evolutions of the parade, dressed in simple white blouses and short black trousers. It was the band from an orphan asylum. Without flourish they mounted the platform. They burst into music, rainy-sweet, hauntingly sad, expressing in plaintive notes their lives shorn of mother and father love. The big audience, prone to criticism, was silent, carried away despite itself by the music that swelled from those instruments, compelled by the hands of masters, few of them older than fourteen. Then the applause began. The orphan band had won the prize!

I tore myself away reluctantly, and, downstairs



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Made of the Best Piano Wire
Can Be Tied in a Knot Without Breaking

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Section of Broach magnified showing spiral surface

Young's Broaches are not twisted. Note the spiral effect on the magnified section. The spirals are cut by special machinery. Note the small light handle that preserves to the operator the delicate touch so necessary in all root canal operations. Fine and extra fine aseptic broaches are the smallest broaches made.

Will you try a package of these Broaches at our expense?

We will send any Dentist a package of Young's Broaches on trial. If they are all that we claim remit seventy-five cents to us for the package of six or give us the name of your dealer and we will bill them through him. If you are not pleased with them you can return them in the stamped envelope. You take no chances and are put to no expense. We believe that this trial will make you a permanent customer.

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again, I found myself in the midst of perhaps the most wonderful exhibit of all—and who shall dispute tastes?—that of the Chicago Health Department. Vividly and clearly it took up the factors in city life and environment which influence child health and welfare, and drives home methods and means for making the most of what is best in the light of these, stamping out what is worst.

The first booth was devoted, with much ingenuity and skill, to ventilation. A mechanical model demonstrated how quickly air is vitiated in a room with closed windows and how fresh it remains if the windows be thrown open. Diagram and poster on the surrounding walls translated the model into words, bespeaking the necessity of a constant supply of pure air, and suggesting how this might be obtained in the ordinary house, without danger of discomfort.

Cartoons showed the advantage which the breast-fed baby has over its more unfortunate neighbor, with a cow for foster-mother, the chances of pollution which dairy milk must run in its sixty-mile journey from the farm to the consumer; and photographs illustrated the multiple phases of the school nurses' labors with the pupils, while models showed the common physical defects to which childhood may be subject and the treatment to

which they are most amenable.

Thirty-five hundred children, I am told, died in Chicago last year from preventable diseases. The figures make their impression but coldly, easily forgotten in the mass of other figures and facts. But here I was not told this appalling truth in figures. It was presented by an array of thirty-five hundred dolls; and once that army was seen, the figures took on the vivid glow of a human tragedy. And meanwhile as this formidable assembly stood at arms, so to speak, another marching army portrayed somberly the unnecessary slaughter of life. Every fourth figure in the interminable procession was cut down and removed from sight by a mechanical device, showing that only three in every four infants "grew up."

But to point out diseases and its consequences was only one-half the aim, to emphasize remedies was the other and perhaps the more important. And there again was a model to demonstrate the danger of the tubercular cow to children, and to set forth the proper methods of home filtration, pasteurization, and modification, and to demonstrate how the whole process may be carried on successfully under conditions such as are found in the average home. Likewise mothers are here taught the value of certified as compared to ordinary market



New LAMPS FOR OLD



Every Weber Spittoon in use helps us sell others.

So, absolutely regardless of the make of the spittoon you are using, if you keep your old chair attachment, tubing and floor connection, we will allow you for your old spittoon:

*\$25.00 if you buy a NEW MODEL WEBER,
Double Bowl*

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\$16.50 if you buy a WEBER SPECIAL

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If you require new tubing, allowance in each case is \$7.00 less.

If your spittoon carries the secretions around in sight of the patient, or if it does not flush instantly; or if the valves leak, or if it has seen its best days, or if there is any other old thing the matter with it, trade it in on a new one.

And when you get a new one, get a good one.

Get a WEBER.

Send for the new Weber book which is the handsomest catalog ever issued in connection with dental furniture and which comes pretty nearly doing justice to the goods it advertises.

Any dealer who handles our goods is authorized to make the above allowances.

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milk. A glass-walled infant welfare station had been erected in the exhibit, to examine and to suggest the proper treatment for any ailing babe that might be presented, and to show the eager elders who crowd round the show the best methods of housing, tending, feeding, dressing an infant, and of safeguarding it from disease.

Nearby a Chicago institution had fitted out a room to prove the worth of its equipment for making it possible for the little folk condemned to pass the precious days of childhood in the hospital to "rest" out of bed at intervals. In the same room there was displayed a children's bed so constructed that the four sides can be raised at once and the bed itself thereby transferred into an examining table. The milk department of this same hospital presented for public inspection the glass table upon which the modification of milk is effected, and one of the churns it operates for the manufacture of its own butter.

The exhibit gave an important place to a room illustrating the extreme care with which a home bed-chamber must be prepared for maternity cases, the actual work of cleaning and disinfection done so often by internes and nurses of the maternity dispensaries where the mother cannot be removed from her chamber to a lying-in hospital. An

adjoining booth was equipped with an incubator for preserving the life of the babe prematurely born. Balancing this, on the other side, was a diet kitchen where everything pertaining to the preparation of an infant's food, the care of milk and its modification, the sterilization of bottles, nipples, and the like was demonstrated daily.

All of these may be described as scientific talks in simple language, the context of which was made up of objects rather than words, and the term scientific I use in contradistinction to this straight-forward, out-from-the-shoulder talk of the department of eugenics, which is scientific enough to suit anybody, and yet something more; something flavored with that heart-to-heart talk on the relation of the sexes and the begetting and bearing of children which ought to take place between every mother and daughter, every father and son. There were statistical talks, too, on infant mortality as a result of overwork, early marriages, strong drink, and employment in certain harmful industries, like the manufacturing of lead, to take one example out of many. The ravages of diseases were similarly set forth; and a strong argument against the mating of the unfit was summed up by chart and photograph that unfolded the dread heredity of feeble-mindedness.

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Are just beginning to appreciate that there is a business side to their profession which needs cultivating.



¶ And this cultivation must be considered from a practical standpoint, for if you get it into your head that it's a "pretty theory," you won't get a step beyond that.

¶ You can only develop a highly successful practice by weeding out the old appliances and antique furniture, which practically choke its progress.

¶ Break away from any habit you may have of thinking your equipment is good enough, for patients will be inclined to believe you and then they'll go you one better and think that anything is good enough for you.

¶ After using your old chair twenty years or more, you must need a new one, so why not get the highest type by ordering the Imperial Columbia?

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THE RITTER DENTAL MFG. CO.

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ADHESIVENESS

is a most desirable quality in a dental cement, as it not only makes things "stay put" but it proves non-shrinking.

¶ The old cements were all adhesive but never impervious. The new cements are generally impervious but not adhesive.

BRITTON'S VITRIFIED CEMENT

the old-new cement, is the only one that has both these qualities to the fullest degree, and will do what you require of a cement easier, better, and for a longer time than any other.

\$3.00 FOR \$1.00

¶ If your dealer will not supply you, it is because he makes four times the profit selling you an inferior cement at three times the price.

¶ Made in all shades, Price \$1.00 per package, bottles all double portion size.

W. OGDEN BRITTON
483 W. State St., Trenton, N. J.

It grew late; the crowd pushed towards the exit, urged by its call to dinner; unknown to myself, three hours had passed, and a big part of the exhibit yet remained unvisited. I hurried past the booths devoted to the work of nursery and crèche, of summer camp, of day school and church, boy clubs and social settlements; they called appealingly; I lingered, and then hastened on, consoling myself with the thought that I could come again.

THE ERRORS OF BIO-CHEMISTRY

(Continued from page 670.)

health is to live on natural foods. Of course, there are still a very large number of people who cannot think and act for themselves, who must have some special remedy, in the form of pills, powders or tablets; and as long as these preparations contain no directly injurious drugs, they may help as far as some general hygienic advice goes with them. The technical term for these more or less harmful remedies is "placebos"; and a good many physicians who have discarded the stronger drugs, rely on them, simply to satisfy their patients.

The elements which are absolutely necessary for the formation of healthy blood are sodium, iron, sulphur and calcium; and these are gen-

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The Air Is
Sucked In Here

And Forced
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The more speed the greater pressure.

The paddles work in and out as the inside casting revolves. They are kept out by centrifugal force and a little spring.

That is all there is to it.

The only complaint we have ever had is that the Compressor furnishes too much air and to provide for that we have devised a bypass which enables the user to cut down the supply.

All you have to do is to couple up a VERNON ROTARY COMPRESSOR with your electric lathe, switch on the juice, and as long as the wheels go round you have all the air for which you have any use in your laboratory.

The VERNON ROTARY COMPRESSOR is sent anywhere on earth on ten days' trial and if it fails to make good we reimburse you for transportation both ways if it comes back, and refund full purchase price.

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Advanced teaching methods and an unexcelled clinic produce competent dentists.

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erally lacking in the average diet, consisting of meat, potatoes, white flour bread and pastry, and perhaps some badly prepared vegetables. Fruits and vegetables which are especially rich in the above-named elements are: Apples, strawberries, oranges, lemons, cherries, plums, blueberries, grapes; and spinach, lettuce, carrots, parsley, cabbage, tomatoes, cucumbers, radishes, asparagus, dandelion, onions, etc. All these fruits and vegetables should be eaten abundantly in their season, and special care should be taken that vegetables come from a soil which is properly treated with mineral fertilizers, and not with stable manure. If you are in the lucky position to own a small garden patch, you can raise your own vegetables and thus have them always fresh. Many delicious salads can be made from raw vegetables, such as carrots, beets, cabbage, if they are finely chopped or grated, and prepared with lemon juice and olive oil.

Another factor which is of great importance for perfect nutrition is thorough mastication of our food; those whose teeth are in a bad condition should consult a dentist, as it is better to have artificial teeth than none at all. As a result of thorough mastication, not only a smaller quantity of food is required, but it is also unquestionably true that there is a still greater saving in the

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economy of vital energy. It certainly takes vital force to digest the unnecessary food stuffs. When they are not digested they ferment and decompose, and cause all forms of physical disturbances, as lassitude, obesity, rheumatism, kidney and liver troubles; in fact, there is hardly a disease which is not aggravated or induced by over-consumption of food, imperfectly digested.

We should become more and more impressed with obedience to the laws of hygiene, with the simplicity of diet and living, with the perception of the prostrating and dangerous effects of drugs and minerals in all shapes and forms, of alcohol, tobacco, coffee, tea, etc., and with the importance of regularity in times of eating, and moderation in quantities. Always remember that we do not live to eat, but eat to live. Health cannot be bought. We must work for it.

THE BUBBLE FOUNTAIN

Our first duty to the world is to keep well. Without health we cannot put forth our best efforts and our value diminishes accordingly. Our second duty is to safeguard the health of others, for just as charity begins at home and spreads to the rest of the world, so should our duty to keep well commence with the individual and spread to the multitude. To an altruist that doctrine might seem

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The Sharp Seamless Crown Outfit

Has steadily forged ahead. "A survival of the fittest" because it makes

Crowns quickly
Crowns that articulate
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Crowns that fit
Crowns that have contact
Crowns of uniform strength



Made on a practical plan, for practical men. It possesses novelty but its practical feature are those that shine.

Read up on our Trial Crown Method; it is different, it is original. Our book for the asking.

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If you have a Crown Outfit of any kind, big or little, that does not give satisfaction, tell us about it. We have a proposition for you.

THE TETER APPARATUS



Best results obtained only when using Teter Nitrous Oxide and Oxygen with the Teter Apparatus

THE TETER APPARATUS No. 2 is the most scientifically developed and thoroughly equipped apparatus for the administration of Nitrous Oxide and Oxygen ever invented.

¶ There is no guess work with the Teter Apparatus. Results are absolutely sure and certain.

¶ Continued anesthesia is as easily maintained with the Apparatus and Nasal Inhaler as it is with the Apparatus and Face Inhaler.

¶ Most dentists are familiar with what can be done during the analgesic stage as produced with the Teter Apparatus and many are eliminating pain entirely from all their dental work by this method.

¶ Give Nitrous Oxide and Oxygen WARM to obtain a perfect and safe form of anesthesia which is not accompanied by nausea or other bad after effects.

¶ The TETER APPARATUS is used by leading dentists throughout the country and is considered to be the greatest office practice builder known.

¶ For literature and further particulars write us.

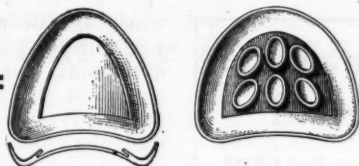
The Teter Manufacturing Co.
Williamson Building Cleveland, Ohio

selfish, putting, as it seems to, self before neighbor, but, bear in mind, if everybody lived up to the tenets of that teaching there would be no second duty to perform.

At the present stage of the world's progress, however, we are still our brother's keeper, and in casting around to discover sources from which harm might arise to injure them we must keep constantly in mind that public drinking cups are dangerous. Many cases of loathsome diseases have been

traced directly to the use of common drinking cups in public places, and there are thousands of cases of tuberculosis and other ills which, without question, were transmitted through the drinking-cup medium, although it is impossible to trace back the cases to their origin.

Does it seem strange to you that a large percentage of the ills of mankind are transmitted from lip to lip or from lip to cup and cup to lip? Then look around you and marvel that the whole



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world is not unwell, when you consider that one out of every sixty persons you can count on the street, in the parks or on railway trains has tuberculosis. With that one out of every sixty persons, or almost 2 per cent of the population of the country, suffering from a communicable disease, and that disease transmitted by means of the sputum, is it any wonder that public drinking cups are dangerous?

The danger from this source is pretty generally known to physicians and the public, and already several states have passed laws abolishing and prohibiting public drinking cups and compelling railroads and other public carriers to supply individual cups. That is all right so far as it goes, but public play grounds, school buildings and other places of public assemblage, where fares or admissions are not charged, cannot very well afford to provide cups for the world at large, though they would not be ruthlessly destroyed or wantonly stolen. For such places the only suitable fixture to use is a bubble fountain, where the water bubbles, springlike, up through cups and flows over the rim at all times, thereby washing the surface clean if by chance it came in contact with infected lips. Ordinarily the lips of the drinker do not come in contact with the bubble cup, but are dipped in the water which overflows its edge.

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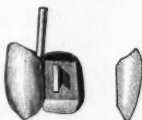
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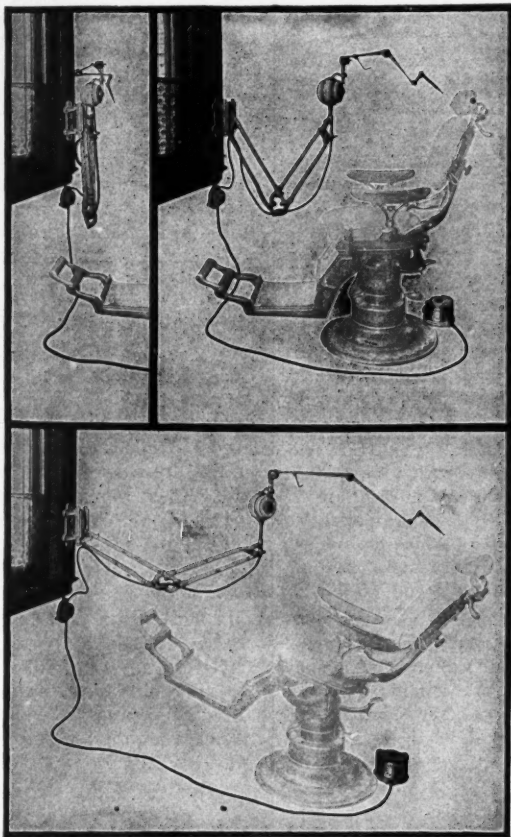
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Health departments all over the country have long been opposed to the use of common drinking cups, and with a view of determining the possible danger from this source the Chicago board of health made some tests recently. A cup which had been used in a high school for several months without having been washed—a disgusting fact in itself—was found, upon examination, to be lined inside with a thick brownish deposit. Under the microscope this deposit proved to be composed of particles of mud, thousands of bits of decaying skin, dead epithelial cells and millions of bacteria. To determine the virility or harmlessness of this sediment some of it was injected under the skin of a healthy guinea pig. Forty hours later the pig died, and an examination showed that pneumonia germs had caused the death. Another pig, inoculated with some of the sediment from the same cup, developed tuberculosis, conclusive evidence that the cup had been infected with that dread disease and had, no doubt, transmitted it to many of the pupils. A careful inquiry, systematically carried out, showed that several of the children in this particular school from which the cup was taken were then suffering from tuberculosis, and for each one in which the disease had made sufficient progress to be diagnosed there

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were, perhaps, many who will later be affected.

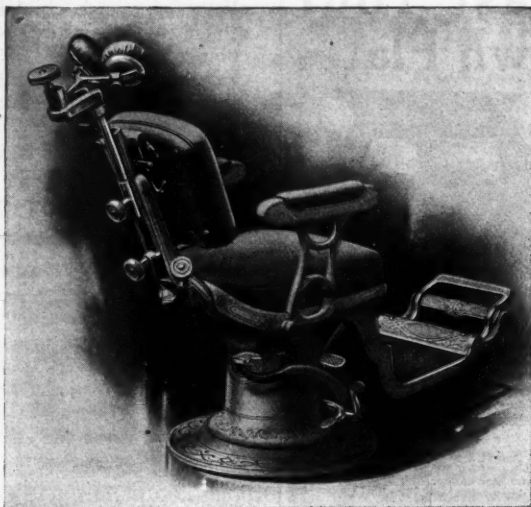
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